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# NUTRITIONAL BOOT CAMP



Now ONLINE!

No tossing tires or crawling under barbed wire! Consider this a kinder, gentler way to reach your health goals. Your boot camp challenge is different. It's not designed to take away or deprive, but rather to add healthy options. You may find as you make healthier choices, you feel better and the momentum carries over into all the foods you choose to eat and your daily habits!

<http://www.rawngreen.com/NBC.shtml>

**Over 15 Hours of Video instruction PLUS ...**

- ~20+ easy to make healthy recipes
- ~Group discussion in the FB group RAW 'N Green Nutritional Boot Camp

Attend Online at Your Own Pace:

Course fee: \$135 + HST



Helping you turn over a new leaf

One-on-One Coaching • Group Coaching  
Workshops & Classes

